

WEST LOS ANGELES COLLEGE

Kinesiology 250 Spring 2014

Instructor: Mr. Marguet Miller

Office: C-1 Building

Phone: 310-287-4453

Office Hours: M-W 9:00 am-10:30 am

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Class Location: PECN 14

Day/Time: Friday 9:35 am- 11:45 am

Section: 2375

Course Description

This course covers the principles, of weight training for men and women. It develops a general program of progressive resistance exercises with adaptation and implications for the individual student. Attention is given to terminology, use of equipment, safety precautions, nutrition and weight control, and basic factors of anatomy and physiology.

Student Learning Objectives for Kinesiology 250

Students will understand the five components of fitness: cardiovascular endurance, muscle strength, muscle endurance, flexibility and body composition.

Students will assess the risk factors of a specific training activity and practice safety precautions.

Students will demonstrate proper form and applications of the learned exercises.

Attendance

You are required to attend every class session. There are fifteen class sessions, and you will have the opportunity to learn lifelong fitness activities as well as, earn a passing grade in this class. My office number is on the syllabus in case you have to miss a class session. I understand that there may be circumstances out of your control but, when you enrolled in this class. You were aware of the times and dates of every class meeting.

Grade Evaluation

| | | |
|---------------------------|----------|---|
| Attendance: 150 points | 90%-100% | A |
| Participation: 150 points | 80%-89% | B |
| Midterm: 100 points | 70%-79% | C |
| Final: 100 points | 60%-69% | D |
| | 0-59% | F |

Standards

If there is no activity for two consecutive weeks on your workout card, you can be dropped from this course.

You must arrive to class on time, dress appropriately, and complete a workout every class.

While in class, you will be required to workout and delay socializing with the other students until the end of class.

Do not overwork yourself. Listen to your body. You have four months to improve your physical fitness. You cannot accomplish lifelong fitness in one day.

How to Succeed in this Class

Attend all class sessions, and complete the required workout. Listen carefully and follow all instructions. Seek help as needed. Challenge yourself (within reason) to improve.

Dropping the Course

According to college policy, you may be excluded for excessive absences or for not following the standards of student conduct (printed in the Schedule of Classes). If you drop the course, be sure to do so at the Admission's Office. If you drop this course on-line, print and keep your confirmation number.

Safety/Accidents

Use safety procedures at all times. Be aware of those working out near you. Ask for assistance and assist others. If an accident should occur, please inform the instructor immediately. Always replace equipment in its proper location. Do Not leave weights on the floor, benches, outside, etc.

Physical Education Student's FAQ

Q: How am I graded?

A: There are a total of 500 points for this course. There are fifteen class sessions. You will receive ten points for every class that you attend on time. You will receive ten points for every class that you participate in using a workout card. The midterm and the final are worth 100 points. You have a written midterm and a strength test. The final exam is a strength test.

Q: What is the Workout Program Card?

A: Everyone is required to have a program card, which lists your exercises and the amount of weight you are using. The instructor will give each student a program card. At the conclusion of each class the instructor must sign your program card. The program card serves two purposes: 1) the exercises for each class, 2) a participation record for each class.

Q: What is the Strength Test?

A: Two strength tests are required for the weight training class. These tests should be taken during the midterm week of class and the final week of class. The first strength test is a benchmark of your muscular strength and endurance. The final strength test assesses your improvement in muscular strength and endurance.

Q: What is the required class attire?

A: Athletic or active shoes (No sandals, open toed shoes, boots, or heels allowed). Shorts or sweats only (No jeans, casual pants, or cut-offs). Sweatshirts, T-shirts, and full coverage tanks must be worn at all times. Absolutely no string tanks or minimal coverage cut-up shirts. Shirts must be worn at times. Clothing with wording or pictures that are considered obscene will not be allowed. Towels are required! Use towels to wipe on benches and your sweat.

Q: What about visitors?

A: Visitors are not allowed in the weight room. Please do not bring friends, parents, children, animals, etc. This is a safety risk and only the students enrolled in the class can workout.

Q: Where do I change clothes?

A: You must change clothes in the locker room and not in the weight room. There is a men's locker room inside PEC North and the locker room attendant can assign you a locker. There is a women's locker room inside PEC South and the locker room attendant can assign you a locker. Also, there is a women's restroom inside PEC North.

Q: What about cell phones?

A: Please do not use your cell phones in class. In case of an emergency, please step outside of the weight room to use your cell phone.

Class Structure

- * First week of class orientation/introduction (2/21)
- * 5 week cycle (2/28 through 3/28)
- * Midterm & Strength Test (4/4)
- * 4 week cycle (4/18 through 5/9)
- * 3 week cycle (5/16 through 5/30)
- * Final (6/6)

Class Composition

2 hour 5 minutes (125 total minutes)

Track (15 minutes)

Transition to weight room (5 minutes)

Stretch & Core Development (15 minutes)

Weight Workout (90 minutes)

No Class

February 14 (President's Day)

April 11 (Spring Break)

May 26 (Memorial Holiday)

Kinesiology 250 Midterm

- 1) Please name two muscles that the bench press develops.

- 2) Please name the exercises that you have used in this class to develop the quadriceps muscles.

- 3) Please name the exercises that you have used in this class to develop the hamstring muscles.

- 4) The arm curl will develop which muscle.

- 5) Please name the exercise that you have used in this class to develop the triceps muscles.

- 6) The Toe Raise will develop which muscle.

- 7) Please name at least two exercises that can be used to develop cardiovascular endurance.

- 8) What is the importance of flexibility?

- 9) What is the first thing that you should consider in reducing inches off of your waist line?

- 10) Please name at least two exercises that develop the core.

Physical Activity Readiness Questionnaire

Please read the questions carefully and answer each one to the best of your knowledge: mark "Yes" or "No" to each question. Please ask if you have any questions. Your responses will be treated in a confidential manner.

Has your doctor ever said that you have a heart condition and/or heart disease and that you should only do physical activity recommended by a doctor?

Do you feel pain in your chest when you do physical activity?

In the past month, have you had chest pain when you were not doing physical?

Do you lose your balance because of dizziness or do you ever lose consciousness?

Do you have a bone or joint problem that could be made worse by a change in your physical activity?

Is your doctor currently prescribing drugs for your blood pressure or heart condition?

Do you have diabetes?

Do you have asthma? (If yes, you must carry your inhaler with you at all times. NO EXCEPTIONS.)

Are you pregnant?

Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions, talk with your doctor before you become more physically active. Tell your doctor which questions that you answered yes.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Name: _____

Signature: _____

Today's Date: ____/____/____

Course: _____